

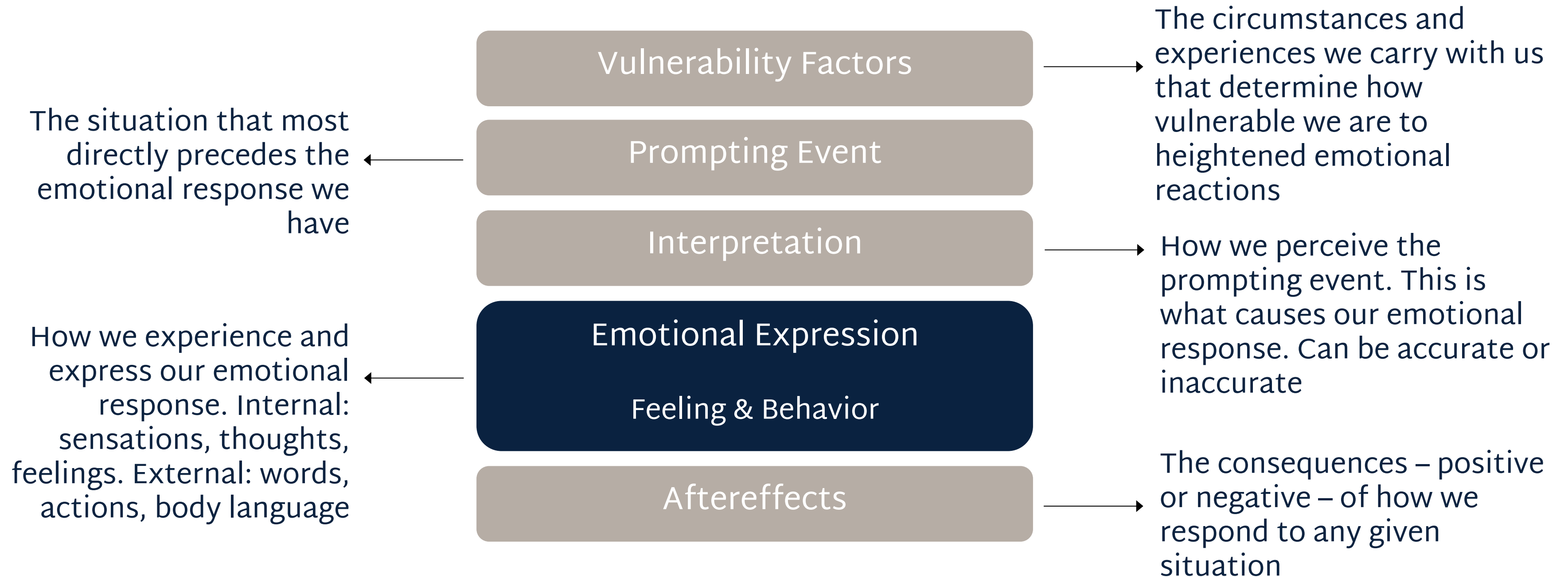
Model of Emotions: Emotional Regulation

Coping Skills Class



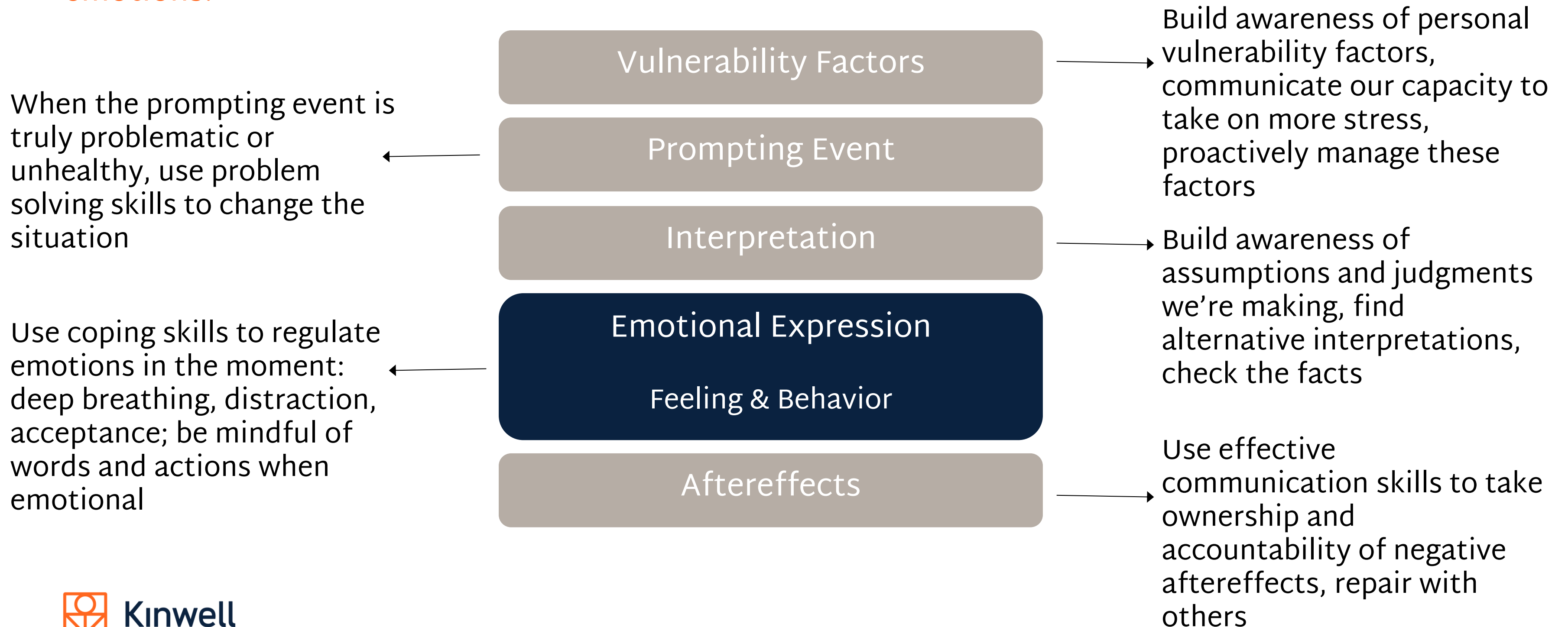
Model of Emotions: What is it?

The Model of Emotions describes how an emotional experience unfolds.



Model of Emotions: How to Use It

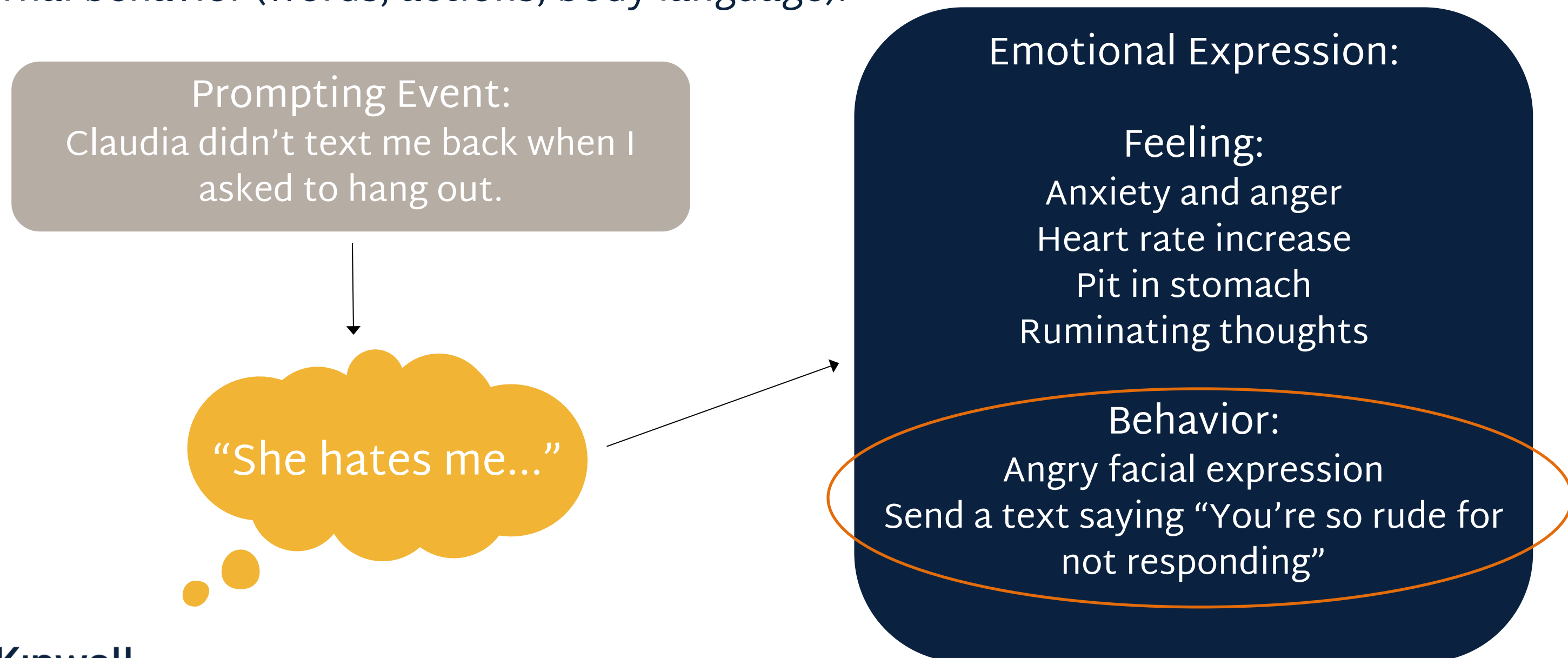
Each part of the Model of Emotions provides an opportunity to use a skill and regulate our emotions.



Emotional Expressions: What are they?

Emotional expression is how we experience and show our emotions.

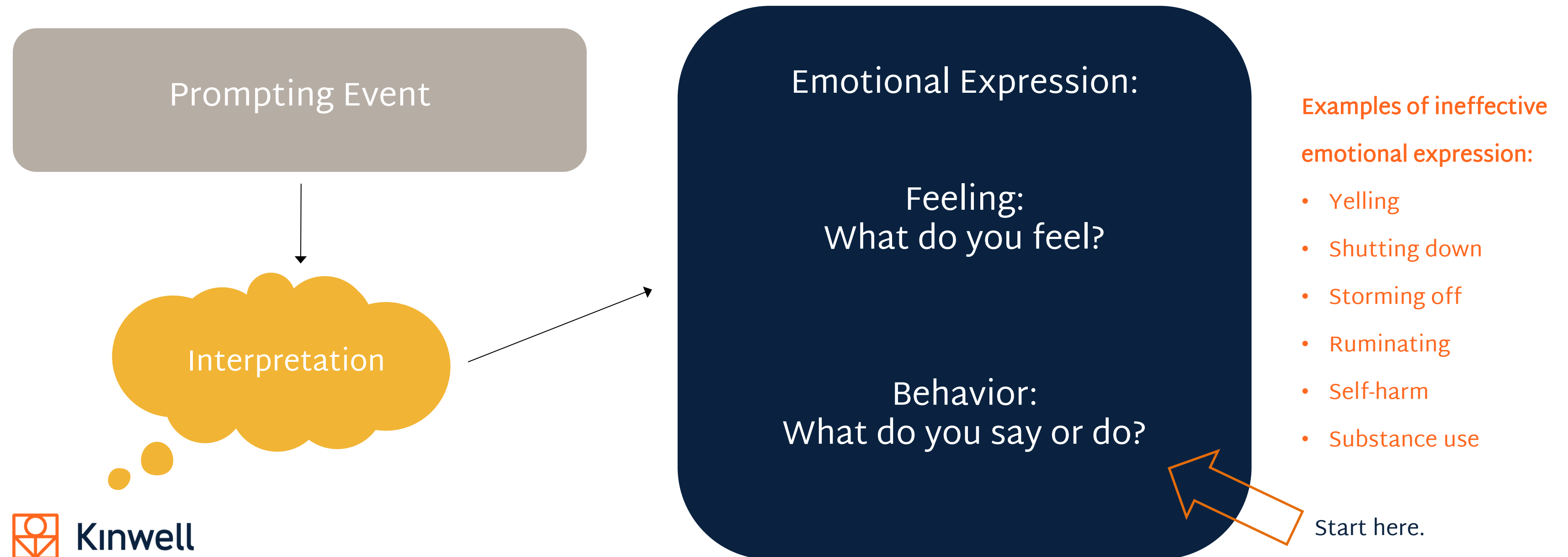
Emotional expression includes our internal experience (thoughts, sensations, feelings) and external behavior (words, actions, body language).



Emotional Expressions: What are yours?

The first step towards regulating emotions is awareness.

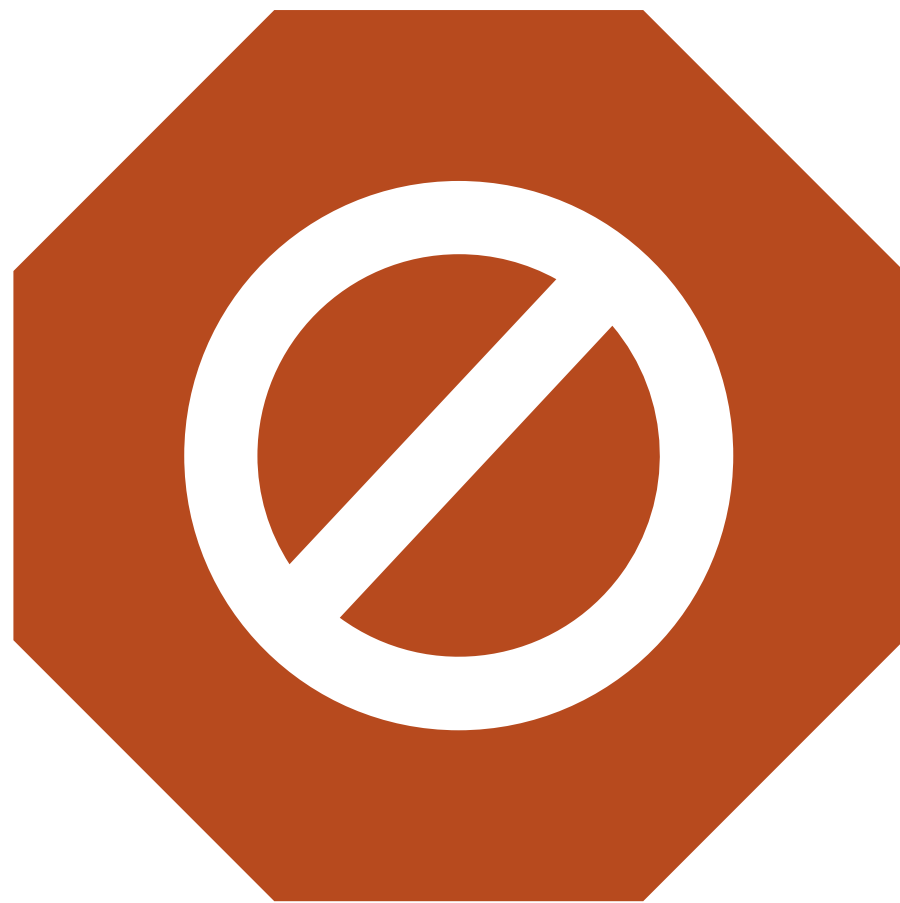
Take a moment to explore what your emotional expressions are, including the emotional reactions (internal and external) that you struggle with.



Emotional Expression: The STOP Skill

The STOP skill is the skill to use when you need to take a break from a situation.

Sometimes we just need to build a little more time in between the urge to act on our emotions and the action. The STOP skill helps us do that.



Stop.

Do not just react. Freeze! Your emotions may try to make you act without thinking, but you're in control.

Take a step back.

Take a break from the conversation. Ask to be excused from the situation, take a breath, go for a walk, etc.

Observe.

Notice your internal experience. What are your thoughts and feelings? What truly happened?

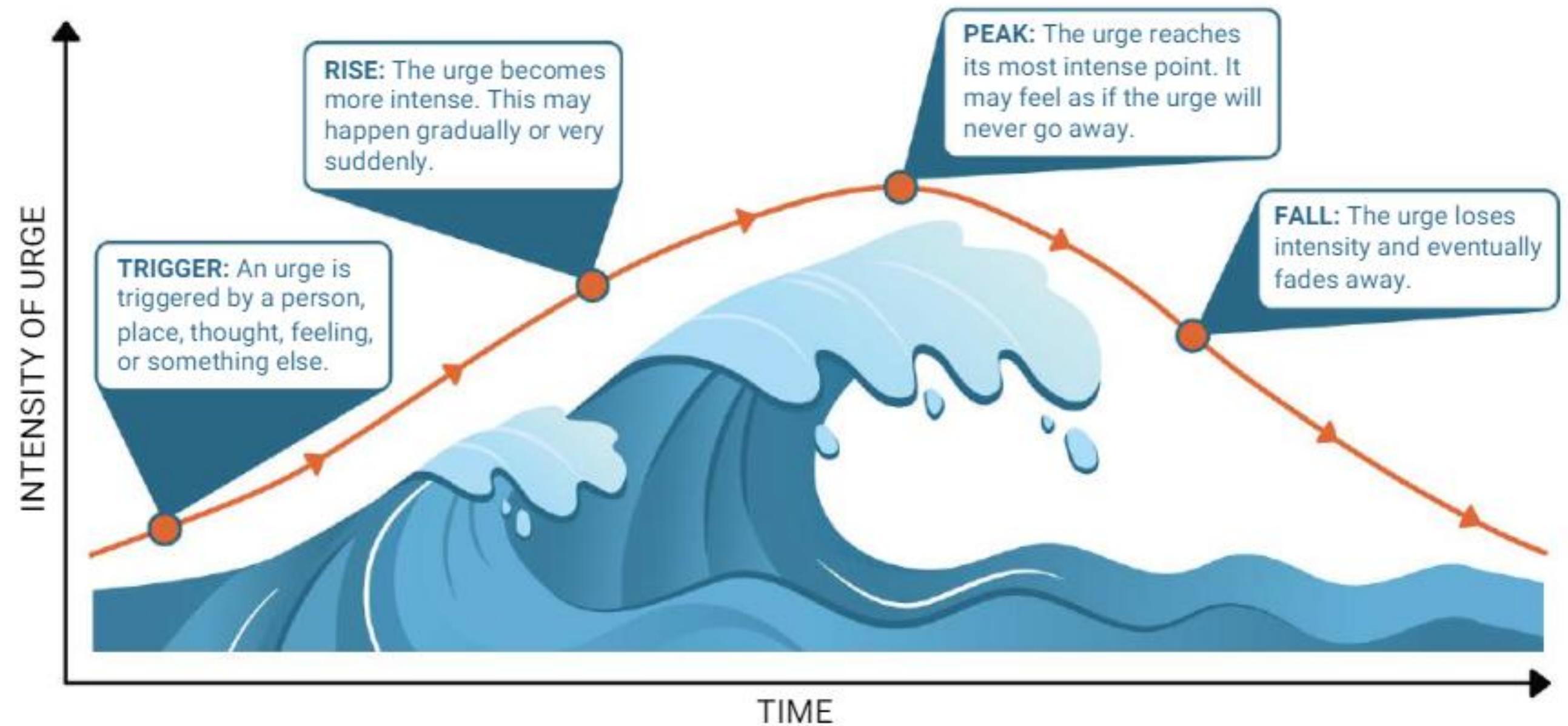
Proceed mindfully.

Consider how you would like to proceed. What is your goal? What can you say or do that would align with that goal?

Emotional Expression: Urge Surfing

Urge surfing is very similar to the STOP skill.

Urge surfing is another way to think about emotional expression. Emotions create urges in us to act in certain ways, but we don't have to act immediately. With enough time, the urge will subside.



Emotional Expression: Urge Surfing

How to Practice Urge Surfing

1. Acknowledge you are having an urge.
2. Notice your thoughts and feelings without trying to change or suppress them.
Note: It is normal to feel some discomfort during an urge.
3. Remind yourself...
 - It is okay to have urges. They are natural reactions to addictions and habits.
 - Some discomfort is okay. I don't have to change it.
 - An urge is a feeling, not a "must." I can have this feeling and choose not to act.
 - An urge is temporary. Like any other feeling, it will pass on its own.

Other Skills

Managing Triggers

Use coping skills to reduce the power of triggers. Know your triggers ahead of time, and have a strategy or skill prepared for each one.

Examples: deep breathing if stressed, eating if hungry, leaving a location if it is high risk

Delay & Distraction

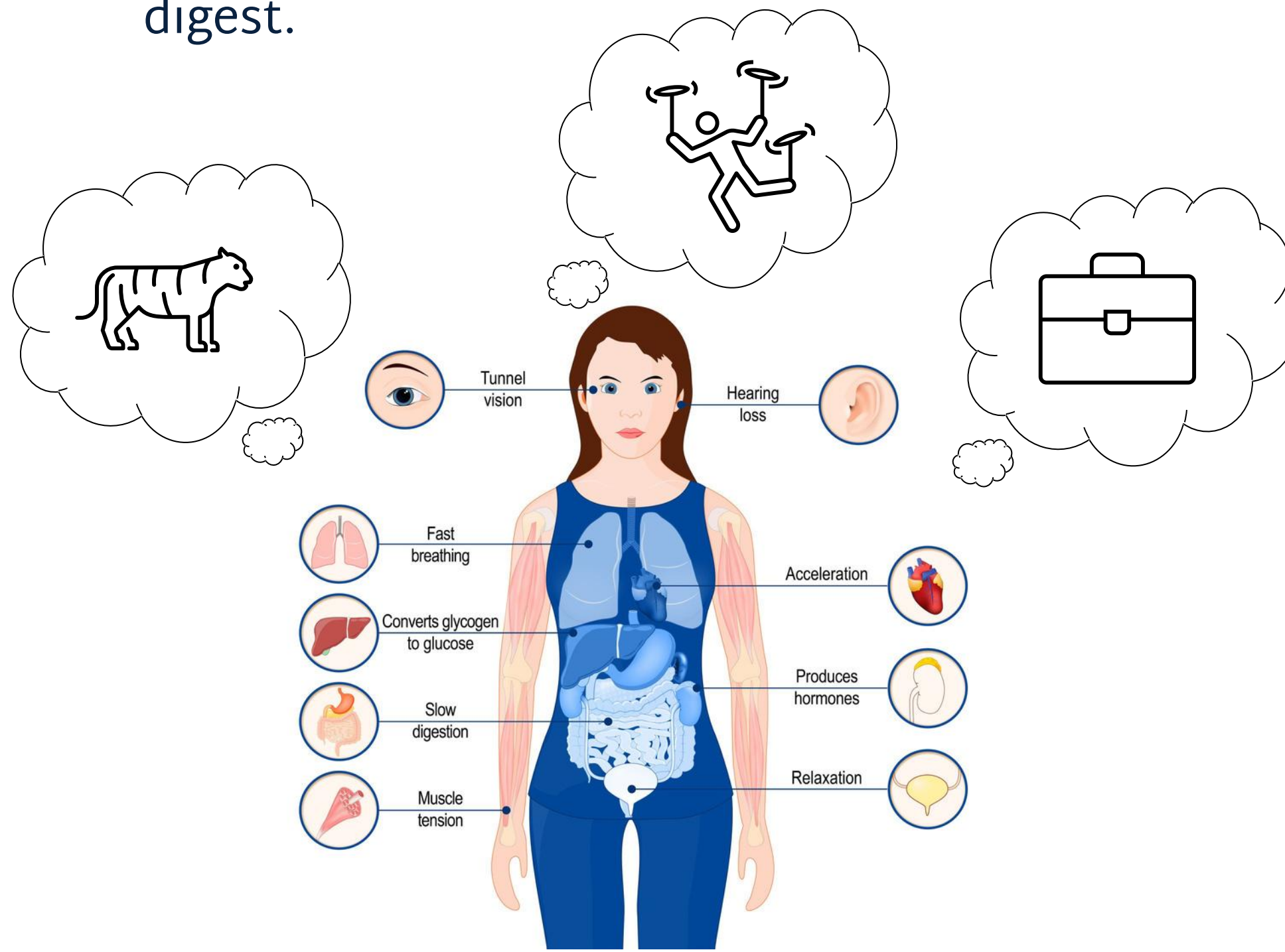
Do something to take your mind off the urge. Every minute you delay increases the chance of the urge weakening on its own.


Examples: go for a walk, listen to music, call a friend, read a book, practice a hobby

Emotional Expression: The TIPP Skill

The TIPP skill is the skill to use when you are experiencing an intense emotion.

Each one of the TIPP skills is designed to get you out of fight or flight and into rest and digest.




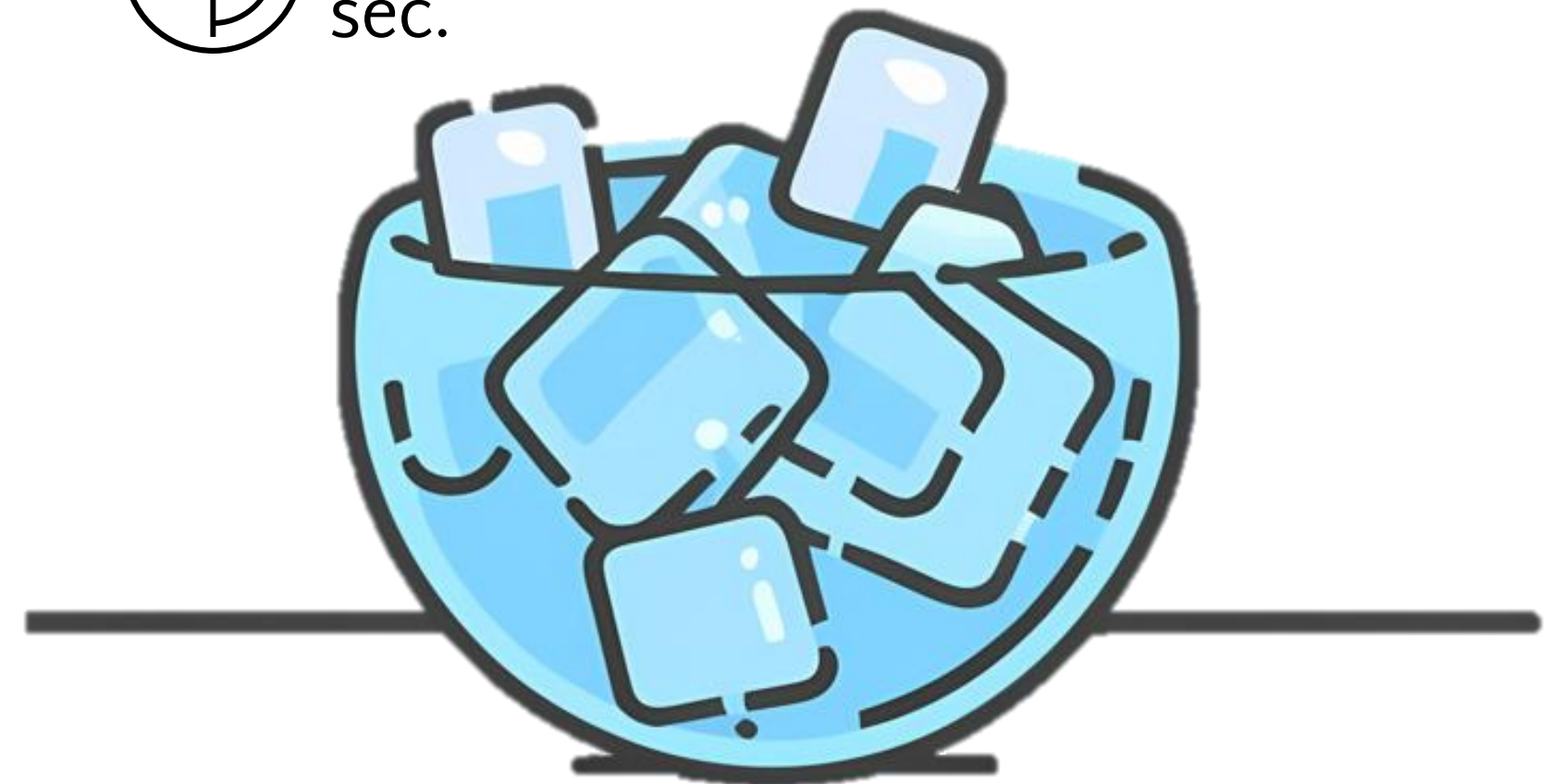
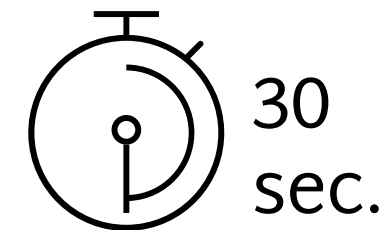
| | |
|---|--|
|  | TEMPERATURE Change your body temperature. Splash your face with cold water, hold an ice cube, let car AC blow on your face, take a cold shower |
|  | INTENSE EXERCISE Do intense exercise to match your intense emotion. Sprint to the end of the street, do jumping jacks, push ups, intense dancing |
|  | PACED BREATHING Try Box Breathing: Breathe in for 4 seconds, hold it for 4 seconds, breathe out 4, and hold 4. Start again, and continue until you feel more calm. |
|  | PAIRED MUSCLE RELAXATION Focus on 1 muscle group at a time. Tighten your muscles as much as possible for 5 seconds. Then release & relax. Repeat with other muscle groups. |

The TIPP Skill: Temperature

The temperature skill involves inducing the human dive reflex.

When humans are submerged in cold water, they go into rest and digest. We can hack this mechanism by using cold temperatures to get out of fight or flight.




| | |
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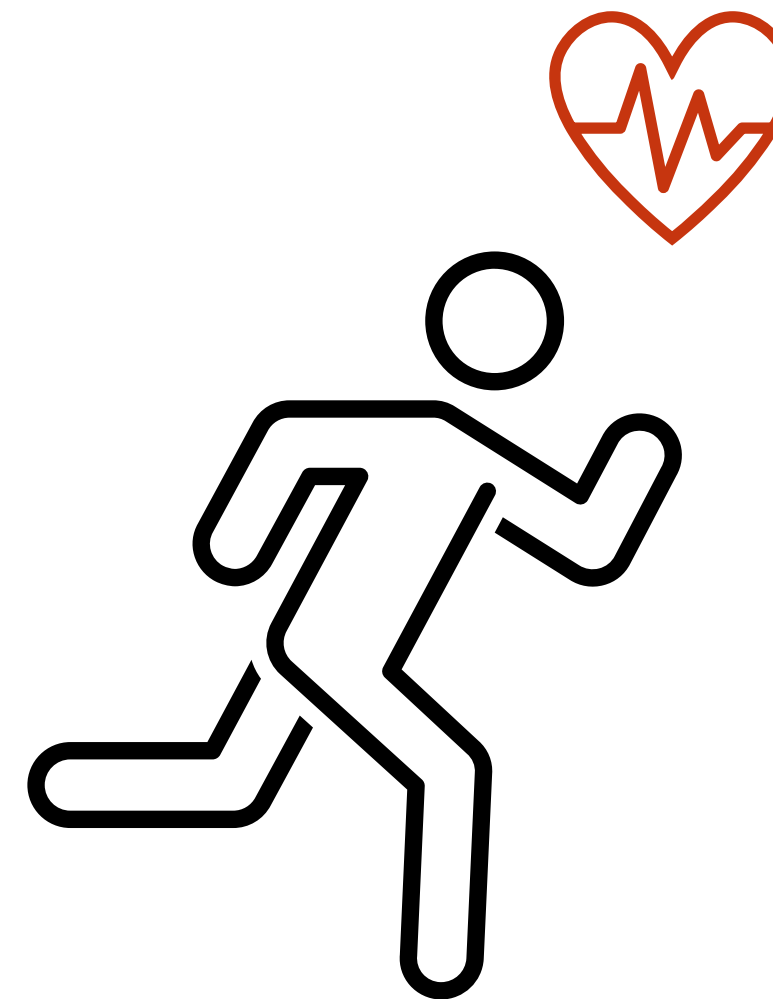


The TIPP Skill: Intense Exercise

Intense exercise can help regulate your nervous system in the moment.

The goal is to get your heartrate up to 70% of its max based on your age and sex. Intense exercise creates a negative feedback loop in which your body gets the message to stop producing stress chemicals.

| | |
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Be sure to ask
your PCP which
exercises are
safe for you!

The TIPP Skill: Paced Breathing

Paced breathing is a great, accessible, and subtle way to regulate your nervous system.

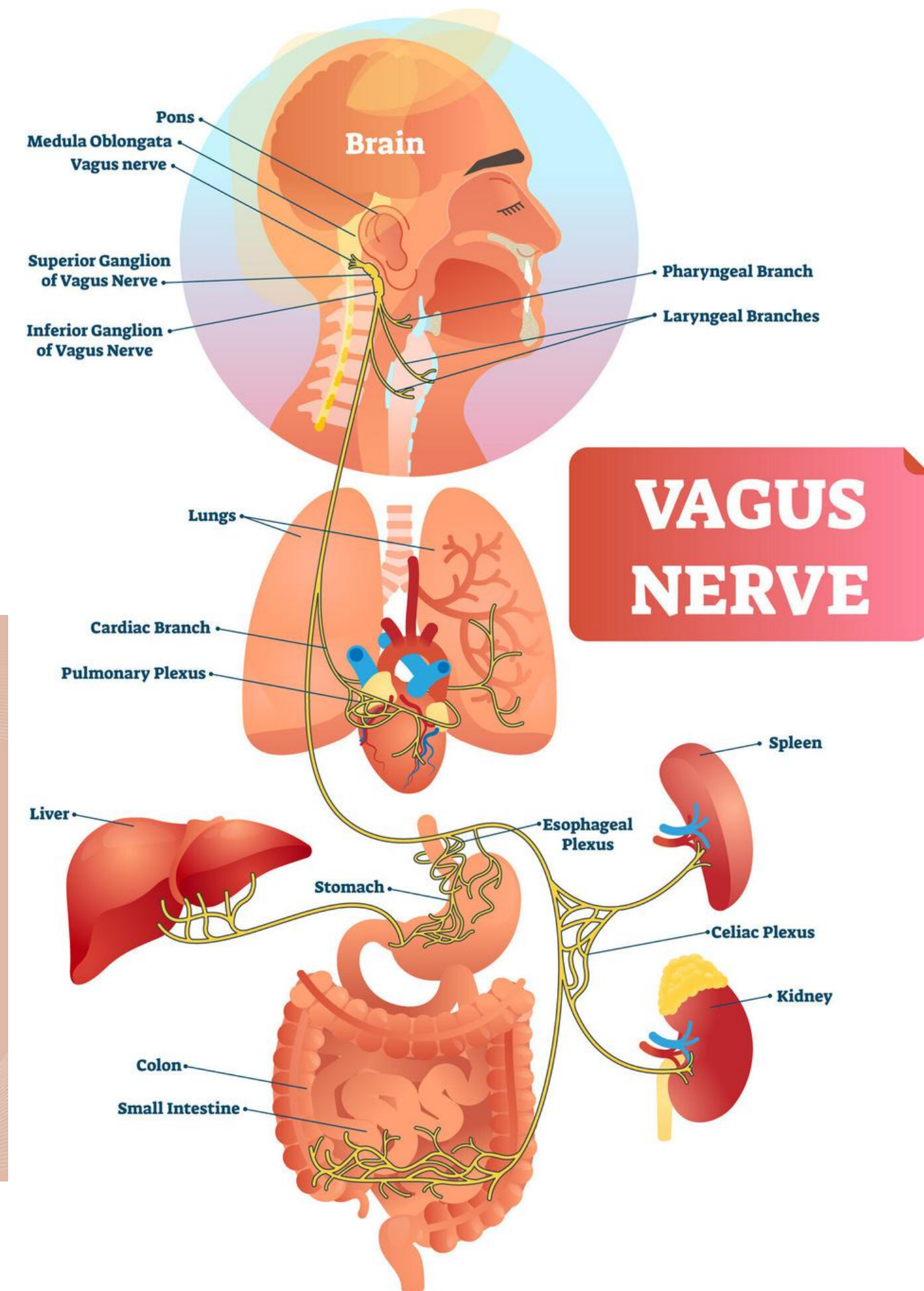
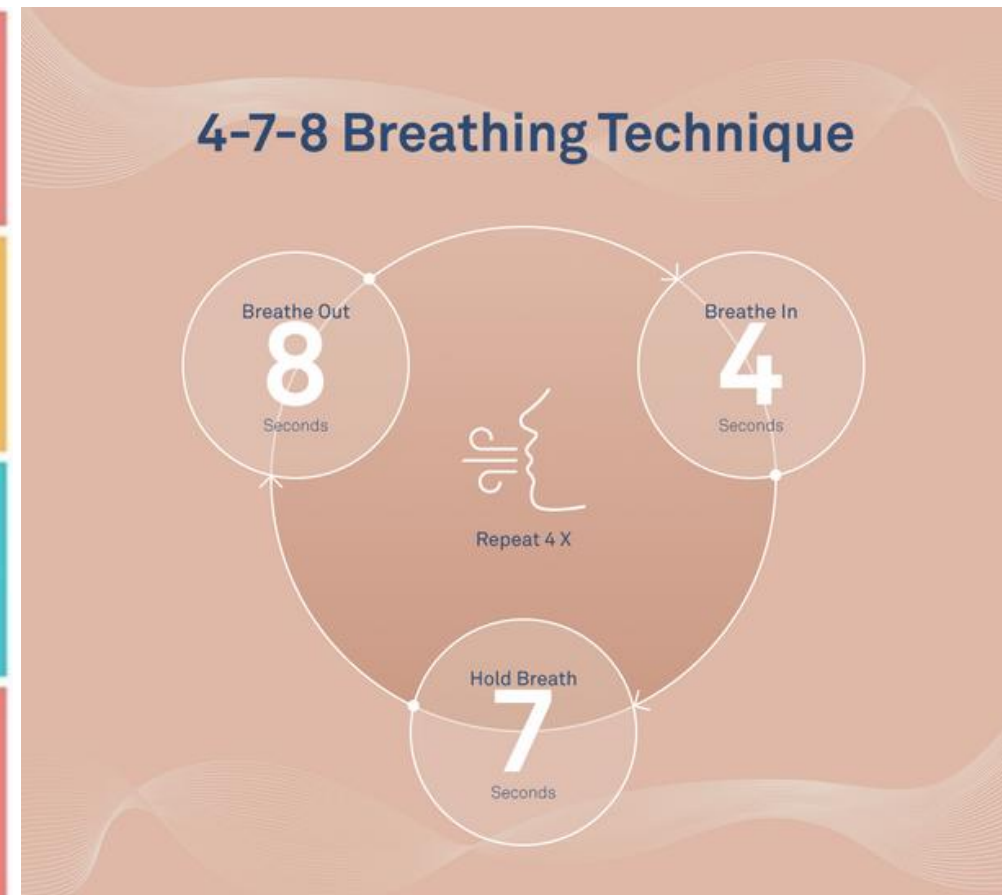
Deep breathing into the diaphragm activates your vagus nerve, which sends a signal to your brain that you are trying to enter rest and digest.

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**INTENSE EXERCISE**
Do intense exercise to match your intense emotion. Sprint to the end of the street, do jumping jacks, push ups, intense dancing

**PACED BREATHING**
Try Box Breathing: Breathe in for 4 seconds, hold it for 4 seconds, breathe out 4, and hold 4. Start again, and continue until you feel more calm.

**PAIRED MUSCLE RELAXATION**
Focus on 1 muscle group at a time. Tighten your muscles as much as possible for 5 seconds. Then release & relax. Repeat with other muscle groups.



The TIPP Skill: Paired Muscle Relaxation

Paired muscle relaxation is the final skill in TIPP.

These exercises involve tensing and releasing various muscle groups while breathing deeply in order to achieve a state of rest and digest.



TEMPERATURE

Change your body temperature. Splash your face with cold water, hold an ice cube, let car AC blow on your face, take a cold shower



INTENSE EXERCISE

Do intense exercise to match your intense emotion. Sprint to the end of the street, do jumping jacks, push ups, intense dancing



PACED BREATHING

Try Box Breathing: Breathe in for 4 seconds, hold it for 4 seconds, breathe out 4, and hold 4. Start again, and continue until you feel more calm.



PAIRED MUSCLE RELAXATION

Focus on 1 muscle group at a time. Tighten your muscles as much as possible for 5 seconds. Then release & relax. Repeat with other muscle groups.

Grounding Techniques:

Grounding techniques can help us come back into our body and back to the present moment when feeling overwhelmed with distress.

Ask yourself, “Am I breathing?” – You will quickly notice your lungs fill with air, anchoring you to the present act of breathing, slowing your mind down - even slightly is beneficial.

Starfish Breathing – As you breathe in and out, trace your fingers. On the in-breath, trace the outside of your left pinky finger with your right index finger. On the out-breath, trace down the other side of your pinky. Repeat for the next four fingers.

Five Senses or 54321 – Describe 5 things you can see right now. Name 4 things you can feel or touch. Name 3 things you can hear. Name 2 things you can smell. Notice 1 thing you can taste.

Find the Rainbow – Look around you and find each color of the rainbow in order (Red, Orange, Yellow, Green, Blue, Purple).

Circles and Squares – Look around you and find 5 circles. Look around you again and find 5 squares.

Read backwards – Find something to read. Working backwards, say each letter to yourself.

Describe your environment – Look around you and describe what you are seeing. Try to do this without judgment, just observe. Describe the objects, colors, shapes, numbers of things, etc.

Repeat a safety statement and affirmation to yourself (think self-soothing statements!) – For example, “I am in the group room and today is Wednesday, June 27, 2018. I am doing the best I can.”

Use a strong sensation to focus on the moment – Put ice on wrist or face, splash cold water on your face, grip the edge of the chair or your arms, push your palms together, suck on a sour candy, lime wedge, or strong mint.

Play a “categories” game with yourself – Try to think of types of dogs, jazz musicians, animals, famous people, food, songs, sports, TV shows, etc. that begin with each letter of the alphabet.

Carry a grounding object in your pocket – a small object (a small rock, ring, piece of cloth, cotton ball of essential oil, fidget object) you can touch whenever you feel unpleasant emotions rising and/or for general soothing throughout the day.

The TIPP Skill: Make a Goal!!

It's important to practice new skills when you are calm so that you remember to do them when you are stressed.

Make a goal to practice these skills when you are calm.

When making goals, consider using the SMART framework.

Over the next two weeks, I will practice each of the TIPP skills at least once.

Setting SMART Goals:



Specific

The goal is concrete and tangible - everyone knows what it looks like.



Measurable

The goal has an objective measure of success that everyone can understand.



Attainable

The goal is challenging, but should be achievable with the resources available.



Relevant

The goal meaningfully contributes to larger objectives like the overall mission.



Timely

This goal has a deadline or, better yet, a timeline of progress milestones.